

Modularized Approaches to Treatment of Anxiety, Depression, and Behavior (MATCH)

Literature review updated June 2013.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [technical documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: Modular treatment consists of modules from the 3 standard treatment types for child anxiety (Coping Cat), depression (Primary and Secondary Control Enhancement Training), and disruptive behavior (Behavioral Parent Training/ Defiant Child), but therapists are free to introduce modules from more than one of the types. For example, during depression treatment, a therapist could use the module for defiant behavior if the child's behavior warranted and return to the depression treatment later.

Meta-Analysis of Program Effects

Outcomes measured	Primary or secondary participant	No. of effect sizes	Unadjusted effect size (random effects model)		Adjusted effect sizes and standard errors used in the benefit-cost analysis					
					First time ES is estimated			Second time ES is estimated		
			ES	p-value	ES	SE	Age	ES	SE	Age
Internalizing symptoms	Primary	1	-0.546	0.004	-0.350	0.189	11	-0.255	0.177	12
Externalizing behavior symptoms	Primary	1	-0.646	0.001	-0.413	0.190	11	-0.197	0.129	13

Citations Used in the Meta-Analysis

Weisz, J.R., Chorpita, B.F., Palinkas, L.A., Schoenwald, S.K., Miranda, J., Bearman, S.K... (2012) Testing standard and modular designs for psychotherapy treating depression, anxiety, and conduct problems in youth. *Archives of General Psychiatry* 69(3), 274-282

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